

Full Report (All Nutrients) 12087, Nuts, cashew nuts, raw ^a ^b

Report Date:October 02, 2015 11:50 EDT

Nutrient values and weights are for edible portion.

Food Group : Nut and Seed Products**Carbohydrate Factor: 4.07 Fat Factor: 8.37 Protein Factor:3.47 Nitrogen to Protein Conversion Factor:5.3**

Nutrient	Unit	Value Per 100 g	Data points	Std. Error	1 oz 28.35g
Proximates					
Water ¹	g	5.20	2	--	1.47
Energy	kcal	553	--	--	157
Energy	kJ	2314	--	--	656
Protein ¹	g	18.22	2	--	5.17
Total lipid (fat)	g	43.85	--	--	12.43
Ash ¹	g	2.54	2	--	0.72
Carbohydrate, by difference	g	30.19	--	--	8.56
Fiber, total dietary	g	3.3	--	--	0.9
Sugars, total ¹	g	5.91	2	--	1.68
Sucrose ¹	g	5.81	2	--	1.65
Glucose (dextrose) ¹	g	0.05	2	--	0.01
Fructose ¹	g	0.05	2	--	0.01
Lactose ¹	g	0.00	2	--	0.00
Maltose ¹	g	0.00	2	--	0.00
Galactose	g	0.00	--	--	0.00
Starch ¹	g	23.49	2	--	6.66
Minerals					
Calcium, Ca ¹	mg	37	2	--	10
Iron, Fe ¹	mg	6.68	2	--	1.89
Magnesium, Mg ¹	mg	292	2	--	83
Phosphorus, P ¹	mg	593	2	--	168
Potassium, K ¹	mg	660	2	--	187

Nutrient	Unit	1			1 oz 28.35g
		Value Per 100 g	Data points	Std. Error	
Sodium, Na ¹	mg	12	2	--	3
Zinc, Zn ¹	mg	5.78	2	--	1.64
Copper, Cu ¹	mg	2.195	2	--	0.622
Manganese, Mn ¹	mg	1.655	2	--	0.469
Selenium, Se	µg	19.9	--	--	5.6
Vitamins					
Vitamin C, total ascorbic acid ¹	mg	0.5	2	--	0.1
Thiamin ¹	mg	0.423	2	--	0.120
Riboflavin ¹	mg	0.058	2	--	0.016
Niacin ¹	mg	1.062	2	--	0.301
Pantothenic acid	mg	0.864	--	--	0.245
Vitamin B-6 ¹	mg	0.417	2	--	0.118
Folate, total	µg	25	--	--	7
Folic acid	µg	0	--	--	0
Folate, food	µg	25	--	--	7
Folate, DFE	µg	25	--	--	7
Vitamin B-12	µg	0.00	--	--	0.00
Vitamin A, RAE	µg	0	--	--	0
Retinol	µg	0	--	--	0
Carotene, beta	µg	0	--	--	0
Carotene, alpha	µg	0	--	--	0
Cryptoxanthin, beta	µg	0	--	--	0
Vitamin A, IU	IU	0	--	--	0
Lycopene	µg	0	--	--	0
Lutein + zeaxanthin	µg	22	--	--	6
Vitamin E (alpha-tocopherol)	mg	0.90	--	--	0.26
Tocopherol, beta	mg	0.03	--	--	0.01
Tocopherol, gamma	mg	5.31	--	--	1.51
Tocopherol, delta	mg	0.36	--	--	0.10
Vitamin D (D2 + D3)	µg	0.0	--	--	0.0
Vitamin D	IU	0	--	--	0
Vitamin K (phylloquinone)	µg	34.1	--	--	9.7
Lipids					

Nutrient	Unit	1			1 oz 28.35g
		Value Per 100	Data points	Std. Error	
	g				
Fatty acids, total saturated	g	7.783	--	--	2.206
4:0	g	0.000	--	--	0.000
6:0	g	0.000	--	--	0.000
8:0	g	0.015	--	--	0.004
10:0	g	0.015	--	--	0.004
12:0	g	0.015	--	--	0.004
14:0	g	0.015	--	--	0.004
15:0	g	0.000	--	--	0.000
16:0	g	3.916	--	--	1.110
17:0	g	0.046	--	--	0.013
18:0	g	3.223	--	--	0.914
20:0	g	0.266	--	--	0.075
22:0	g	0.173	--	--	0.049
24:0	g	0.101	--	--	0.029
Fatty acids, total monounsaturated	g	23.797	--	--	6.746
14:1	g	0.000	--	--	0.000
15:1	g	0.000	--	--	0.000
16:1 undifferentiated	g	0.136	--	--	0.039
17:1	g	0.000	--	--	0.000
18:1 undifferentiated	g	23.523	--	--	6.669
20:1	g	0.138	--	--	0.039
22:1 undifferentiated	g	0.000	--	--	0.000
Fatty acids, total polyunsaturated	g	7.845	--	--	2.224
18:2 undifferentiated	g	7.782	--	--	2.206
18:3 undifferentiated	g	0.062	--	--	0.018
18:4	g	0.000	--	--	0.000
20:2 n-6 c,c	g	0.000	--	--	0.000
20:3 undifferentiated	g	0.000	--	--	0.000
20:4 undifferentiated	g	0.000	--	--	0.000
20:5 n-3 (EPA)	g	0.000	--	--	0.000
22:5 n-3 (DPA)	g	0.000	--	--	0.000
22:6 n-3 (DHA)	g	0.000	--	--	0.000
Cholesterol	mg	0	--	--	0

Nutrient	Unit	1			1 oz 28.35g
		Value Per 100	Data points	Std. Error	
Stigmasterol ⁴	mg	0	1	--	0
Campesterol ⁴	mg	9	1	--	3
Beta-sitosterol ⁴	mg	113	1	--	32
Amino Acids					
Tryptophan ^{2,3}	g	0.287	--	--	0.081
Threonine ^{2,3}	g	0.688	--	--	0.195
Isoleucine ^{2,3}	g	0.789	--	--	0.224
Leucine ^{2,3}	g	1.472	--	--	0.417
Lysine ^{2,3}	g	0.928	--	--	0.263
Methionine ^{2,3}	g	0.362	--	--	0.103
Cystine ^{2,3}	g	0.393	--	--	0.111
Phenylalanine ^{2,3}	g	0.951	--	--	0.270
Tyrosine ^{2,3}	g	0.508	--	--	0.144
Valine ^{2,3}	g	1.094	--	--	0.310
Arginine ^{2,3}	g	2.123	--	--	0.602
Histidine ^{2,3}	g	0.456	--	--	0.129
Alanine ^{2,3}	g	0.837	--	--	0.237
Aspartic acid ^{2,3}	g	1.795	--	--	0.509
Glutamic acid ^{2,3}	g	4.506	--	--	1.277
Glycine ^{2,3}	g	0.937	--	--	0.266
Proline ^{2,3}	g	0.812	--	--	0.230
Serine ^{2,3}	g	1.079	--	--	0.306
Flavonoids					
Isoflavones					
Daidzein ⁵	mg	0.0	1	--	0.0
Genistein ⁵	mg	0.0	1	--	0.0
Glycitein ⁵	mg	0.0	1	--	0.0
Total isoflavones ⁵	mg	0.0	1	--	0.0
Formononetin	mg	0.0	1	--	0.0
Coumestrol	mg	0.0	1	--	0.0
Proanthocyanidin					
Proanthocyanidin monomers ⁶	mg	6.7	7	2.88	1.9

Nutrient	Unit	1			1 oz 28.35g
		Value Per 100	Data points	Std. Error	
	g				
Proanthocyanidin dimers ⁶	mg	2.0	7	0.42	0.6
Proanthocyanidin trimers ⁶	mg	0.0	7	0	0.0
Proanthocyanidin 4-6mers ⁶	mg	0.0	7	0	0.0
Proanthocyanidin 7-10mers ⁶	mg	0.0	7	0	0.0
Proanthocyanidin polymers (>10mers) ⁶	mg	0.0	7	0	0.0

Sources of Data

¹International Nut Council Nutrient Content of Cashews, 1999

²Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 5j, 2001 Beltsville MD

³Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 5c, 2001 Beltsville MD

⁴K.M. Phillips, D.M. Ruggio, M. Ashraf-Khorassani Phytosterol composition of nuts and seeds commonly consumed in the United States, 2005 Journal of Agricultural and Food Chemistry 53 pp.9436-9445

⁵Thompson, L. U., Boucher, B. A., Liu, Z., Cotterchio, M., and Kreiger, N. Phytoestrogen content of foods consumed in Canada, including isoflavones, lignans, and coumestan., 2006 Nutr. Cancer 54 pp.184-201

⁶Gu, L., Kelm, M.A., Hammerstone, J.F., Beecher, G., Holden, J., Haytowitz, D., Gebhardt, S., and Prior, R.L. Concentrations of proanthocyanidins in common foods and estimations of normal consumption., 2004 J. Nutr. 134 pp.613-617

Footnotes

^a Raw cashews have been heat-treated to safely remove kernel from shell, but not further roasted.

^b Other phytosterols = 29 mg/100g; these include 2 mg campestanol, 14 mg delta-5-avenasterol, and 13 mg other minor sterols.

Langual Code(s)

- A0260 NUT OR NUT PRODUCT (US CFR)
- A1282 1200 NUT AND SEED PRODUCTS (USDA SR)
- B1221 CASHEW
- C0155 SEED
- E0151 SOLID
- F0003 NOT HEAT-TREATED
- G0003 COOKING METHOD NOT APPLICABLE
- H0003 NO TREATMENT APPLIED
- J0001 PRESERVATION METHOD NOT KNOWN
- K0003 NO PACKING MEDIUM USED
- M0001 CONTAINER OR WRAPPING NOT KNOWN
- N0001 FOOD CONTACT SURFACE NOT KNOWN
- P0024 HUMAN FOOD, NO AGE SPECIFICATION
- P0078 NO SALT ADDED CLAIM OR USE
- R0001 GEOGRAPHIC PLACE OR REGION NOT KNOWN